NAVAL CENTER COSC
COMBAT & OPERATIONAL STRESS CONTROL

Operational Stress in Detainee Operations at Joint Task Force Guantanamo Bay Cuba

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Introduction

- NCCOSC collaboration
- Combat tours vs. GTMO deployment
- Questions
  - Stress / PTSD
  - Working outside of rate
  - Beliefs of mental health

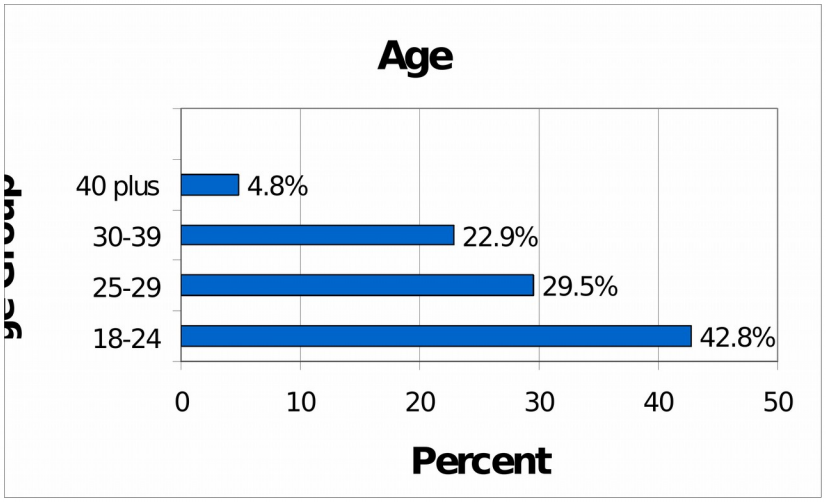
Life as a Guard at GTMO

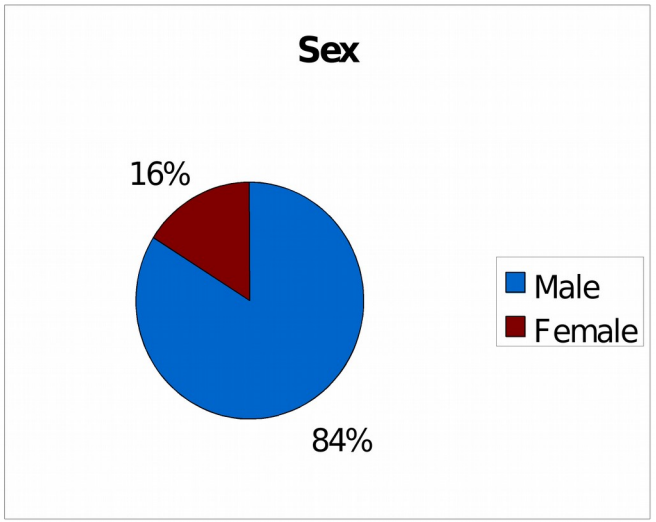
- History
  - Camp X-Ray
- Safe, humane, legal and transparent care
- Spotlight of the world
- Tropical paradise

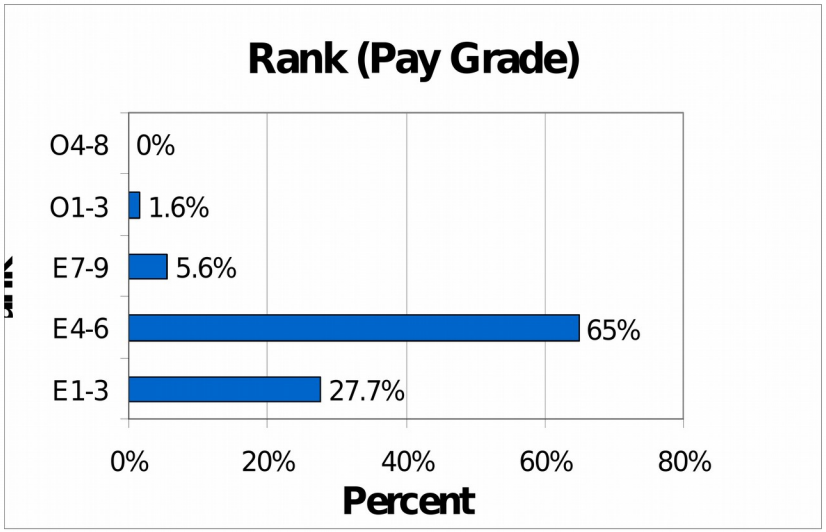
Sample

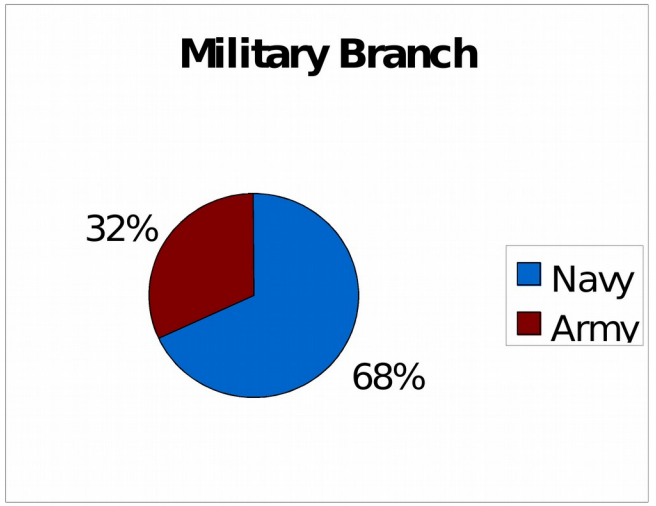
- N = 498
- Guards and medical personnel
- Mid-deployment
- Self report surveys
- August 2009 – November 2009

GTMO Guard Demographics









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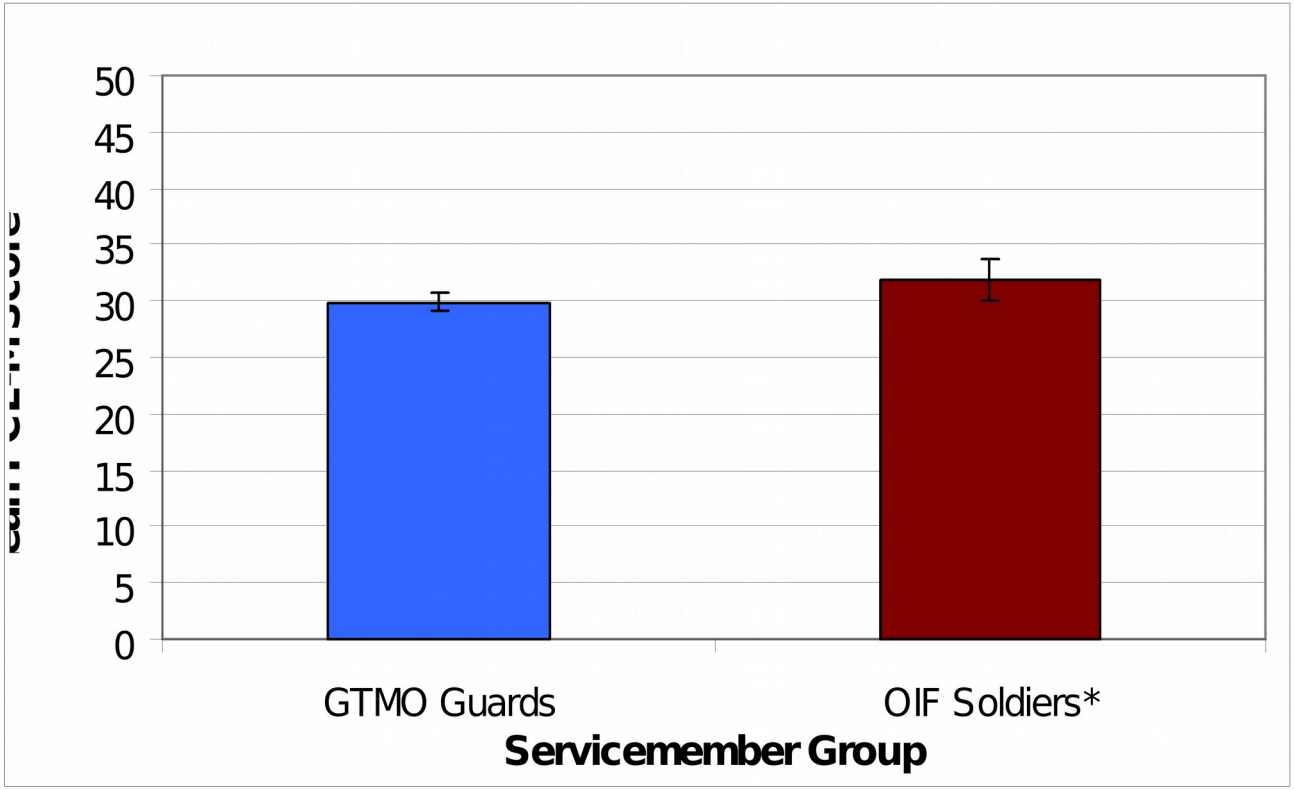
Measures

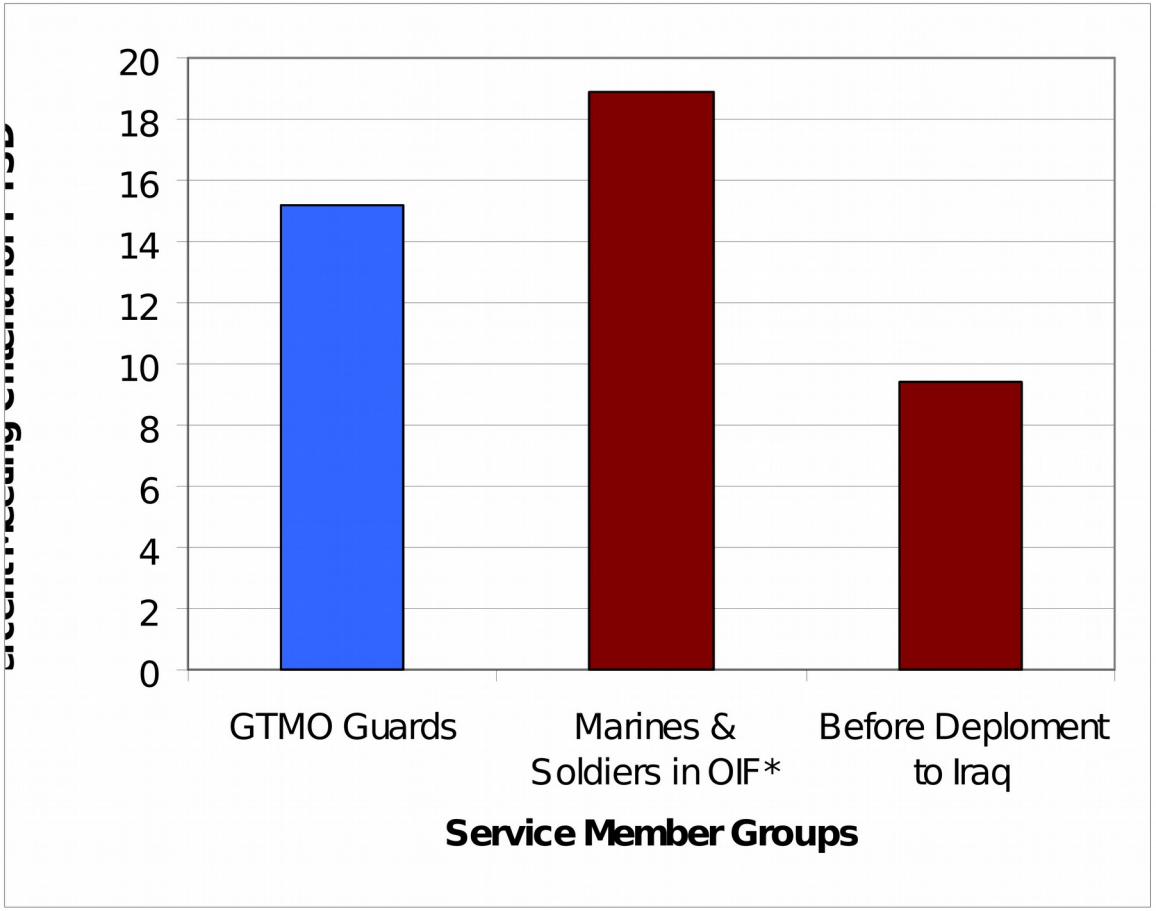
- PTSD Checklist – military (PCL-M)
- Patient Health Questionnaire (PHQ-9)
- Perceived Stress Scale (PSS)
- Response to Stressful Experiences Scale (RSES)
- Beliefs about Psychotherapy
- Neurocognitive Survey – Alcohol Section
- NEO-N

PTSD Symptoms for GTMO Population vs. Combat Population



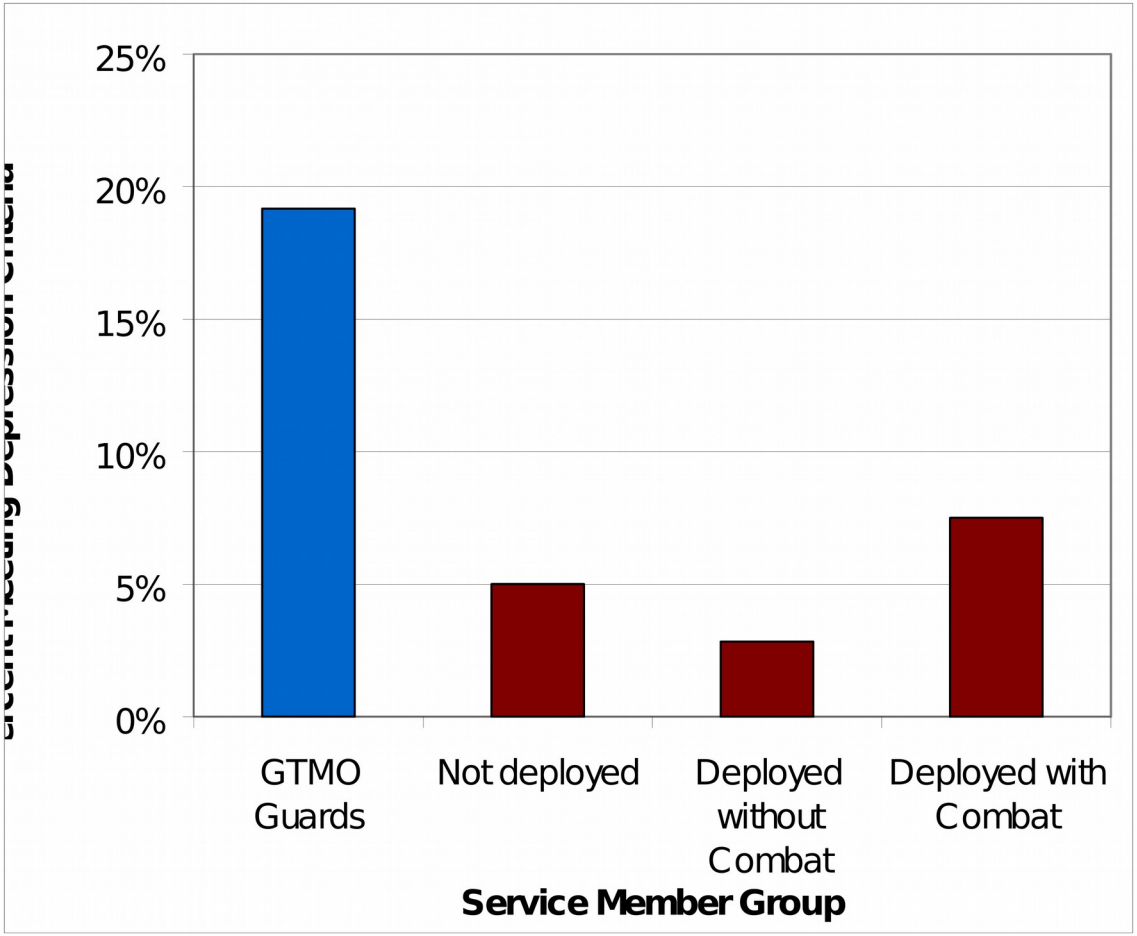
*Operation Iraqi Freedom National Guard Soldiers with moderate combat exposure who served from 2005 to 2006. (Renshaw et al., 2009).

GTMO PTSD Rates Compared to Combat Vets and Pre-Deployment Rates



*Marines and Soldiers exposed to combat while deployed to Operation Iraqi Freedom, Hoge et al., 2004. Based on PCL-M symptoms endorsed.

Depression in GTMO Guards vs. Other Service Members



*Millennium Cohort data from: Wells et al., 2010. Depression criteria based on PHQ-9 score of 10 or greater.

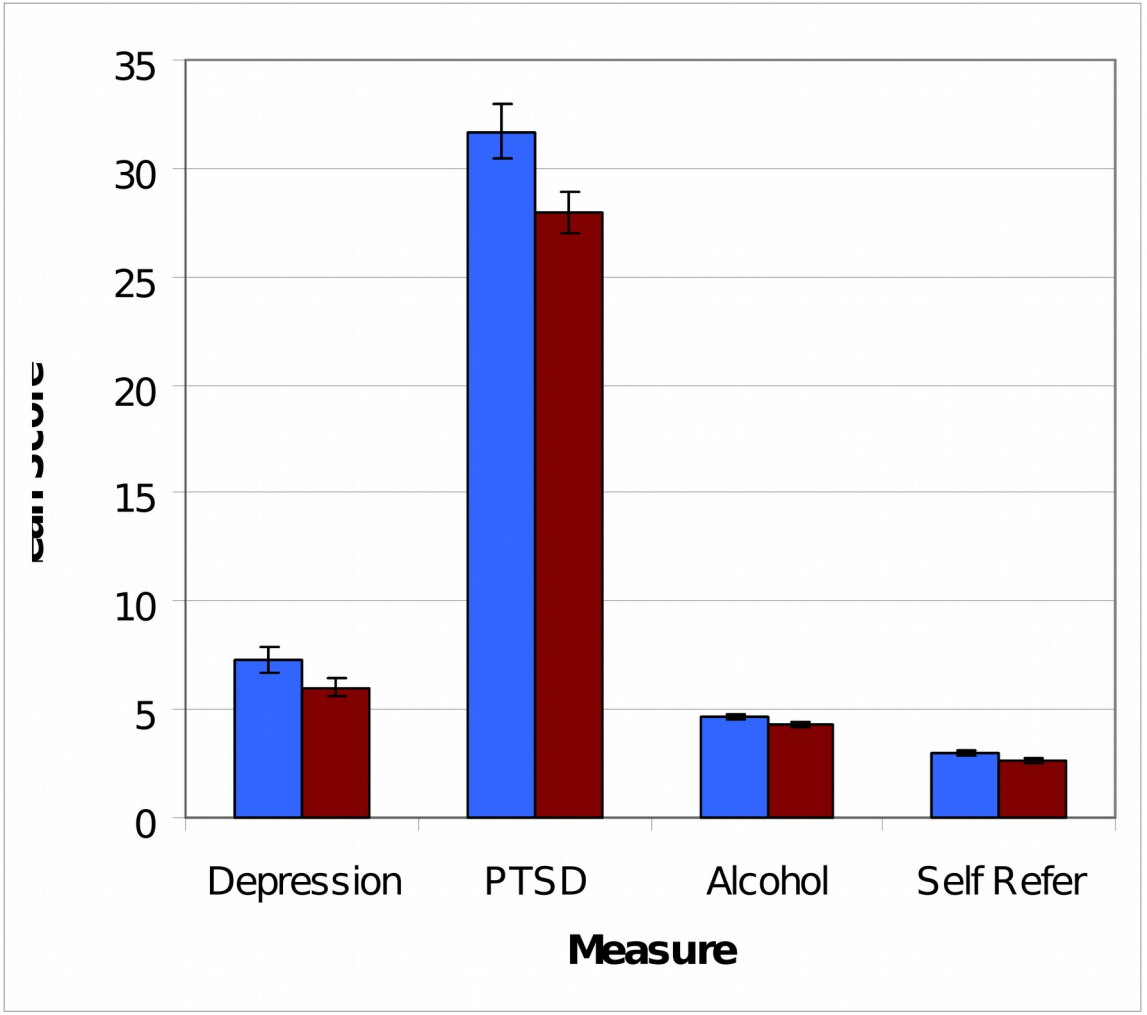
Increased risk for Depression

- Hypotheses
  - Psychological vs. kinetic warfare
  - Constriction vs. small unit autonomy

Working outside of your rate

- Rate = job
- 52% work outside their regular job
- Training as resilience factor

Working Within vs. Outside Rate

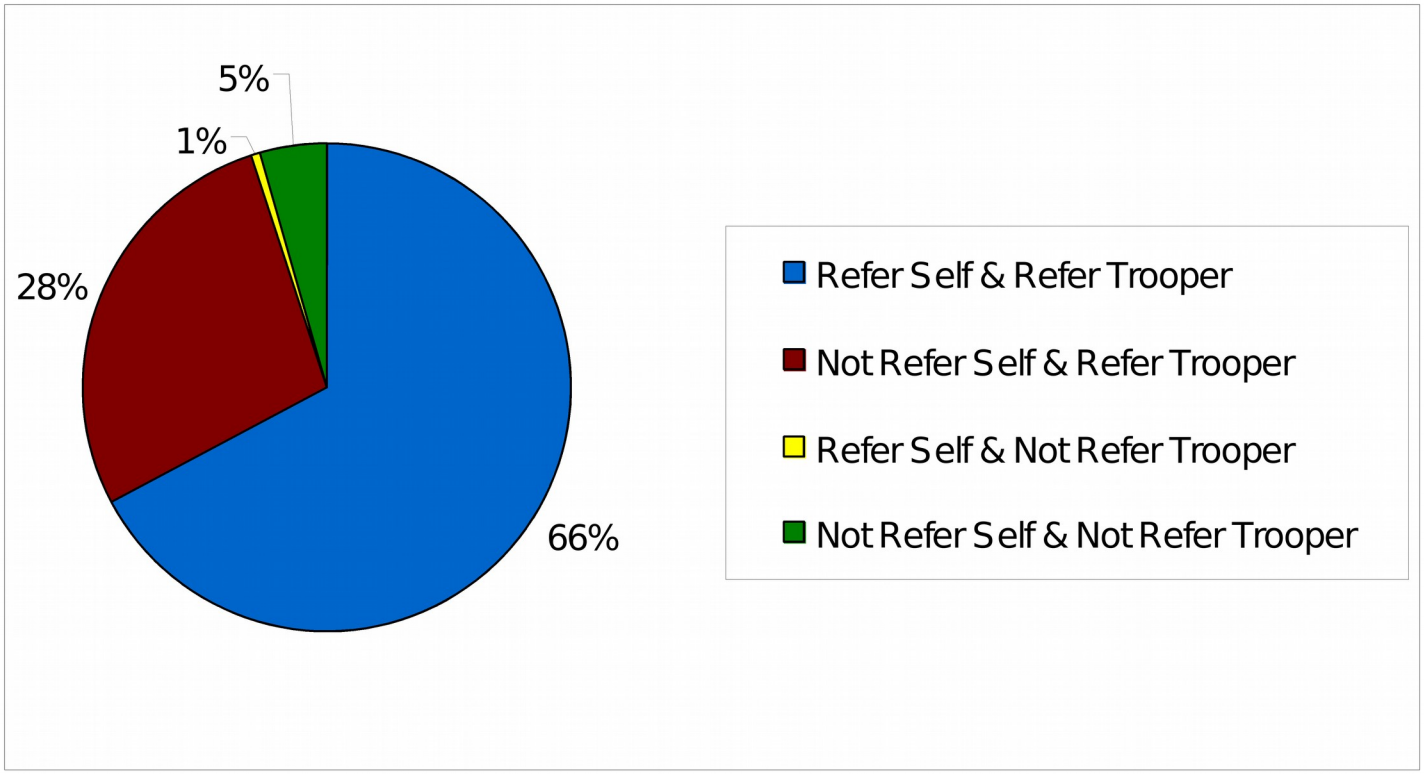


*All reported results are statistically significant ($p<.05$). Depression – Patient Health Questionnaire (PHQ-9); PTSD - PTSD Checklist – Military (PCL-M); Alcohol - CAGE Alcohol – primary care alcohol screener; Self refer - based on question: If you believed you had a mental health problem, would you ask for professional help?

Beliefs in Mental Health

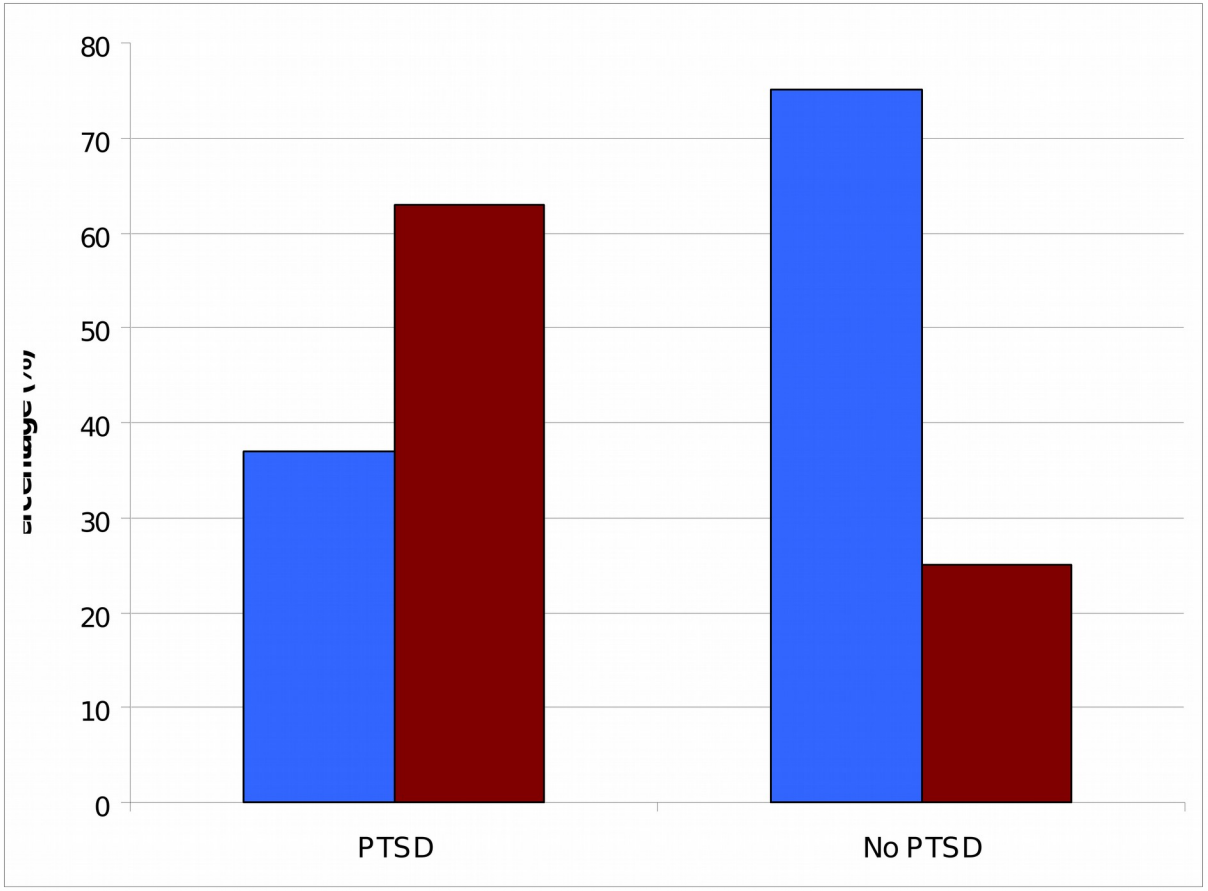
- Stigma
  - 50% don’t seek care
- If you believed you had a mental health problem, would you ask for professional help?
- If you believed you had a trooper under your leadership that had a mental health problem, would you refer them for professional help?

Willingness to Refer to Mental Health Treatment



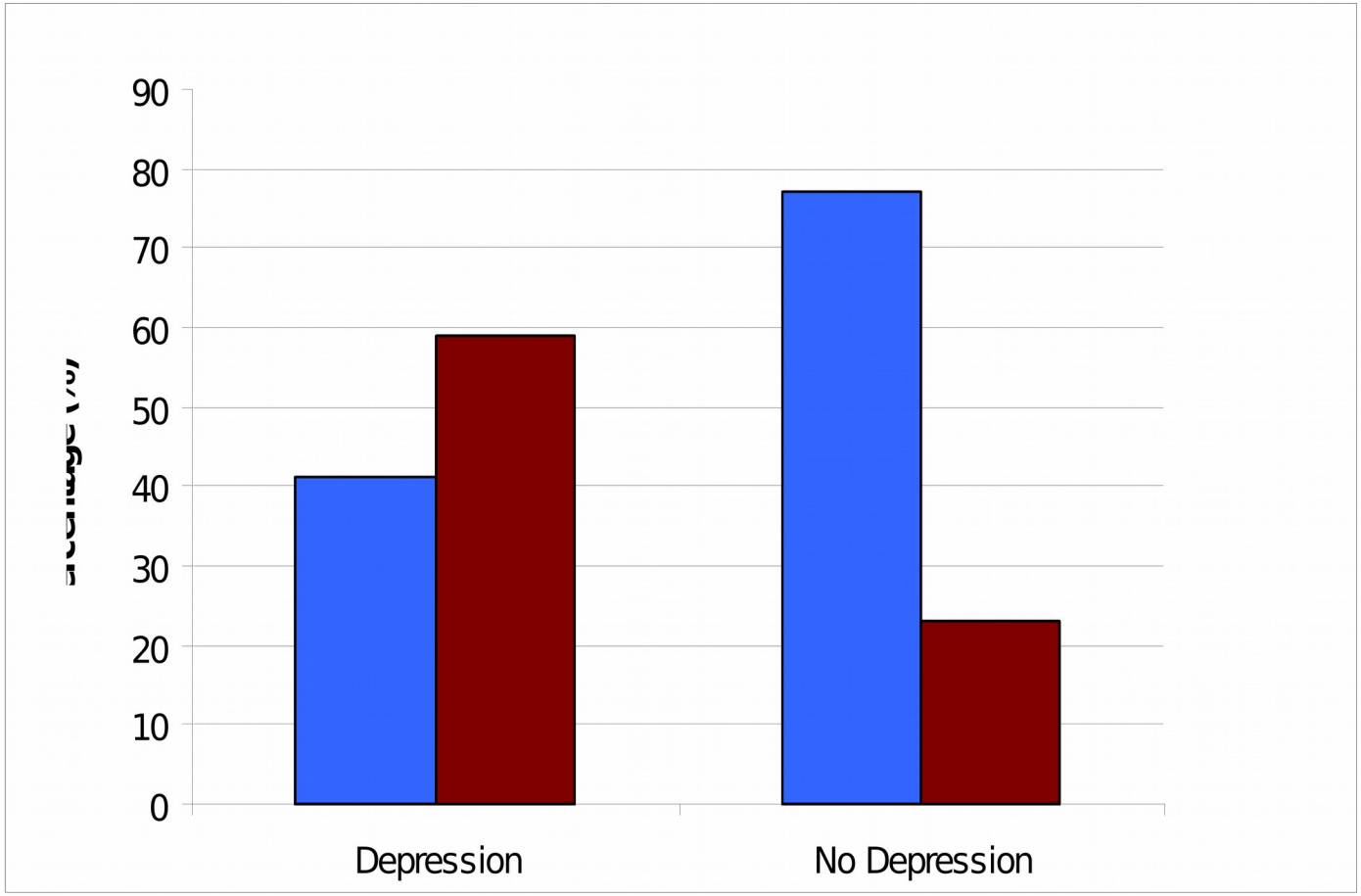
* Based on questions: 1) If you believed you had a mental health problem, would you ask for professional help? 2) If you believed you had a trooper under your leadership that had a mental health problem, would you refer them for professional help?

Willingness to Refer with or without PTSD



*Will Refer Self, Won't Refer Trooper; Won't Refer Self, Won't Refer Trooper are not reported.

Willingness to Refer with and without Depression



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Conclusions

- Detainee operations are stressful
  - Higher risk for depression
- Protective quality of working outside rate
- Stigma is present
  - More likely to refer other then self
  - Those at risk are less likely to seek mental health

Questions

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